



**“The best preparation for tomorrow is doing your best today.”**

*H. Jackson Brown, Jr.*

**Don't Forget To Mark Your Calendars!**

**2016**

**Community Dinner**  
Wednesday 5:30pm September 28th  
at Casa de Amma  
Includes a quick program, dinner and dessert.

**Saturday, 10am August 27th**  
**Casa Olympics**  
at Casa de Amma

**Saturday, 5pm November 5th**  
**Benefit Dinner Fundraiser**  
Laguna Hills Community Center



**Casa resident Ken, created this great logo for the event!**

## many ways to make a difference

One of our local businesses is making a difference, in more ways than one! **Miles4Autism** is a local thrift store with two locations; San Juan Capistrano and Laguna Beach California. Linda Hogan, the founder of **Miles4Autism**, has an 16 year old autistic son. She understands the plight of families with autistic children when they try to access therapies and nutritional treatments for their children, as the common hindrance to obtaining these services is the ability to afford them. Linda started her nonprofit **Miles4Autism**, to generate enough money from it's sales to open a therapy center and "fun zone" for autistic children — all free of charge! "It will be a place for everyday stuff that people do", said Linda. "But it needs to be a place where these kids feel comfortable, without sensory overload. I want these kids safe."

After meeting Linda we couldn't wait to work with her. To start, she created an opening for one of our residents to work at her store. Since then, Linda has provided another opportunity for a resident who was recently unemployed, with meaningful volunteer work. Linda has an amazing heart and understands the various needs as well as the abilities of adults with autism and other I/DD. **Miles4Autism** has been great to work with and has helped Casa de Amma by allowing residents to develop important work skills, confidence and pride. Casa de Amma congratulates Linda on her hard work, vision and dedicated heart to helping many individuals with Autism, and allowing adults with I/DD to work at her stores! To learn more about **Miles 4Autism** go to their website at **Miles4Autism.org**.



## run, walk, swim, bike - all of it was fun!

On June 15th, Casa de Amma held it's 3rd Annual Triathlon and it was a huge success. Twenty-five residents, eleven staff members and twenty volunteers all participated to make it the best Triathlon we've had to date! Similar to last year, participants could choose from up to three of the events that were offered; 1.5 mile run, 1 mile walk, 7 mile two-wheel bike ride, 1.5 mile three-wheel bike ride, or the swim/strength agility course. The teams were a bit different this year as it was the guys against the girls — and everyone got very excited at the thought of being the winner!

As with all of our Healthy Lifestyle Events at Casa, there is an eight to ten week training period before this event. This training is offered through (3) weekly CasaFit sessions, so residents will be prepared for the big day. The participation was great this year! What seemingly looked like exercise was converted to fun as our residents worked hard to do their best for their team.

When the big day arrived everyone gave it their all, many posting the best times they ever had in their events, and most importantly there were no injuries! In the end it came down to the last event to determine which team would be the victor. After all the stats were recorded and tallied, the Girls Team led by staff member Wendy and resident Kathleen, was the winner! As part of a friendly bet, the winning team is supposed to dress up and serve the other team dinner — something the girls are looking forward to! This Triathlon would not have been possible without all the hard work and planning of Hilary Mann, Hilary Arentz and Wendy Rundle. Great job to everyone who participated and our many thanks to all those who helped out!



[www.casadeamma.org](http://www.casadeamma.org)